

Greek Lentil Salad with Pita Recipe

Provided by KPU Student Health Promotion, shared by Whitney Hussain RD

Prep Time: 10 minutes | Makes: 4 servings

Ingredients

- 1 cup (250mL) lentils, rinsed and drained
- ¼ cup (60mL) calamata olives, pitted
- ¼ cup (60mL) red onion, chopped
- ½ cup (125mL) grape tomatoes, chopped
- ½ cup (125mL) red bell pepper, chopped (~½ bell pepper)
- ½ cup (125mL) cucumber, diced (~1/3 English cucumber)
- ¼ cup (60mL) feta cheese, crumbled
- 2 tbsp (30mL) fresh parsley, finely chopped
- 2 tbsp (30mL) extra virgin olive oil
- 2 tbsp (30mL) lemon juice
- 1 tsp (5mL) dried oregano
- 4 pitas

Instructions

1. In a large bowl, combine lentils, olives, onion, tomatoes, red bell pepper, cucumber, feta cheese, and parsley
2. In a small bowl, whisk together oil, lemon juice, and oregano
3. Toss salad with dressing to coat
4. Eat right away or cover and leave in the fridge to marinate for 2 hours before serving. Salad can be made a day in advance
5. Serve with a pita on the side or cut pita in half and fill with salad. Enjoy!